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# HOME ECONOMICS.

ALICE P. NORTON.

## APPLIED CHEMISTRY.

THE chemical problems which arise in the household arts are of much greater variety and complexity than is often imagined. Many of them have never been solved, while others are only in process of solution. Some of these problems are too intricate for anyone except the advanced student of organic chemistry—for example, the changes which take place in gluten during the action of yeast and the baking of bread; others are comparatively simple, and their mere presentation should add much to the interest of daily home life; many are so important that their solution may modify our preparation of food, and teach us more healthful methods of living.

The work outlined will be useful to the grade teacher chiefly as a background of knowledge for the study of foods, rather than for direct application in teaching. It will consist of (1) the qualitative determination of the composition of some typical foods, and the study of the food principles; (2) the detection of food adulterants and preservatives; and (3) the testing of other household supplies.

I. *Bread.*—(1) Flour: Separation, by washing, of starch and gluten. Different flours compared as to the proportion they contain of starch and proteid. (*a*) Gluten, as a typical proteid. Characteristics and classification of proteids. Proteid tests. Identification of proteid in other foods. (*b*) Starch: Occurrence, composition, and test. Comparison of starch in different grains and vegetables. Change of starch into dextrin and sugar by the action of acids. Study of sugar. Classification of carbohydrates. (2) Yeast and the chemistry of fermentation. (3) Baking powder, as a substitute for yeast.

II. *Milk.*—Examination under the microscope. Qualitative determination of sugar and fat. Quantitative determination of water, total solids, and mineral matter. Precipitation of casein by acid and by rennin. Preservatives used in milk. Butter and cheese, and their adulterants. Oleomargarine.

III. *The detection of adulterations in some common foods.*—Testing of coffee for chicory; of cocoa for alkalis used in its preparation, and for flour; of flour and bread for alum; of baking powder for alum and other adulterants. Testing for lead of "tin" foil used in wrapping foods.

IV. *Laundry and cleaning supplies.*—Soap and its manufacture. Tests for excess of alkali. Detection of iron in bluing. Analysis of washing compounds, and silver polishes.

# HISTORY AND LITERATURE.

EMILY J. RICE AND GUDRUN THORNE-THOMSEN.

## SYLLABUS OF A COURSE OF LESSONS IN HISTORY AND LITERATURE FOR THE ELEMENTARY SCHOOLS. (FOR TEACHERS OF THE FIRST THREE GRADES.)

GUDRUN THORNE-THOMSEN.

THE school should give the best conditions for acquiring social experience, and should be so organized as to give the child opportunities to use this experience for the good of the community.

The work engaged in should have social meaning and social value. By social work is meant all the activities that make social life possible.

The study of life as it pulsates outside school presents two aspects: the scientific or industrial, and the social.

The scientific deals with the means and ways by which activities are carried on — that is, their tools and methods; the social deals with the individuals who are engaged in these activities.

We have in the city of Chicago unparalleled opportunities to bring the child into contact with life. Almost every industrial activity and every phase of social life is here represented. Chicago shows us on a stupendous scale a laboratory where industrial and social problems are being worked out before our very eyes. Applied science meets the child at every step; the geography of the whole earth is reflected in the resources which unceasingly flow in; the history of the race finds here an expression in the social life of two million people.

The children should enter into a sympathetic relationship with the countless workers who in different ways add to the sum-total of our civilization, thereby realizing the cost at which our daily lives are carried on.